



Australian Government
Australian Sports Commission

ACE

ATHLETE CAREER AND EDUCATION ENHANCING YOUR SPORTING LIFE



Retiring is a special challenge. After the relief of not having to train so intensely and travel, you do have a sense of loss and miss the competition and associated contacts. But I have always had other goals – family and study – to keep me focused and looking ahead.

Robert Newbery, former Olympic diver



One of the hardest transitions in life is moving from living an elite athlete's life to that of the nine to five workday. By preparing yourself during your years of sport you can make the transition easier. From a career perspective, sport should be used as a key to open doors to the corporate world, rather than something to hang your hat on and say, 'Hey, give me a job'.

Chris Fydler, former Olympic swimmer
"Beagle" (Bondi Rescue), Susie O'Neill,
Chris Fydler, Sandra Morgan-Beavis

TRANSITIONS THROUGH AND FROM SPORT

The process when an athlete moves from one life direction to another is known as transition. It can be small moves – such as changing coaches, education focus and employment, or relocating – and larger changes, such as due to injury, removal of funding or retirement.

ACE advisers understand that changes can affect athletes in different ways and we are committed to helping each athlete manage their own individual transitions.

Often, elite athletes don't consider that the career they are putting all their energy into right now might only last for a few years. Your retirement may be of your own choice but it may also be as the result of injury or no longer making the cut, so it is a good idea to have a plan for your life after sport well thought out before that day arrives.

Many athletes indicate that planning for a post-sport career lessens their anxiety about transitions and allows for a greater focus on high performance goals.

ACE advisers can help you make the transitions through and from sport a little smoother. We have the experience and the knowledge to advise on how to plan for the sport and life changes you will inevitably experience, and we can put you in touch with other service providers, such as performance psychology, to assist with these transitions. ACE also provides follow-up support after athletes have left their program or team.

We have found that the athletes who make successful transitions have benefited from:

- having other interests in addition to their sport role
- retiring voluntarily
- having post high-school education and transferable skills
- a social support network
- planning prior to retirement, in financial, psychological and career terms.

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